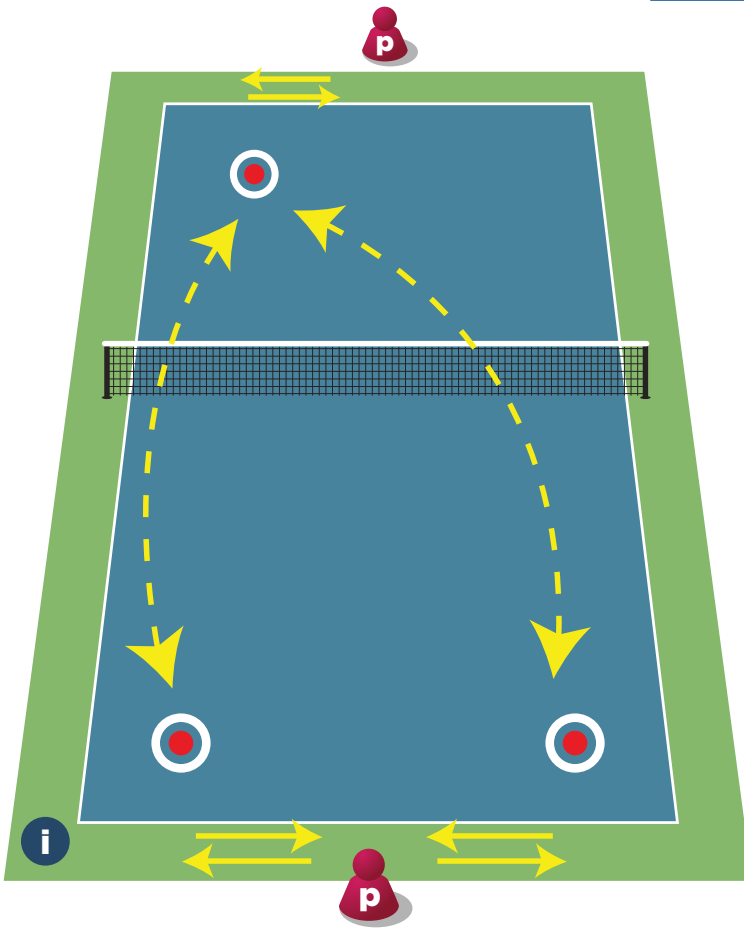


Throw Cross Court & Down the Line



TACTIC:

To understand the tactic of placing the ball cross-court and down the line to be able to move an opponent.

ACTIVITY:

Players in pairs cooperatively **throw underhand** back and forth to each other. First, player starts by throwing it back down the line. The rally is over when:

- The ball bounces twice before a player catches it.
- The ball goes out of the designated play area or in the net.
- A player catches the ball in the air (doesn't let it bounce)

Fundamental Teaching Points:

1. Players must **recover** to a marker placed in the appropriate recovery position ("Home base").
2. Players must throw and catch the ball in a **sideways position**.

LESS CHALLENGING:

1. Decrease the size of the playing area.
2. Allow players to stand on the same side of the net.
3. Allow more than one bounce before player catches the ball.

MORE CHALLENGING:

1. Increase the size of the target area.
2. Throw and catch with dominant and non-dominant hand.